

A Brief History of Psychology



**PEOPLES LIVES ARE DOMINATED NOT SO
MUCH BY THE GODS AS BY THEIR OWN
MINDS:
PEOPLE ARE RATIONAL**

History of Psychology



- Copernicus (earth is not the center of the universe)
- Introducing observation as a key element of scientific procedures.
- Galileo Galilei (telescope used to prove theory)
- Experimentation through observation.
- Dualism: concept that mind and body are separate and distinct.
- Descartes disagreed, link existed between mind and body.

Psychology as a Discipline



- Wilhelm Wundt started his Laboratory of Psychology in 1879.
- He developed a study of self-observation called INTROSPECTION to collect information about the mind.
- Structuralism: the structure of the mind (why it works the way that it works)

Psychology as a Discipline



- William James wrote *Principles of Psychology* (1890)
- Speculated that thinking, feeling, learning, and remembering serve one major function: to survive as a species.
- Functionalism: focused on the functions of the conscious mind and the functions of behaviors.

Psychology as the Study of Unconscious Processes

Psychodynamic



- Sigmund Freud was interested in the unconscious mind.
- Unconscious motivations and conflicts are responsible for most human behavior.
- Technique: *Free Association*
- Technique: *Dream Analysis*
- Used these studies to develop a comprehensive theory of personality.
- Remains a powerful and controversial influence today.
- http://www.youtube.com/watch?v=3q9IRY_VXPs&safety_mode=true&persist_safety_mode=1

Free Analysis



- Time
 - Death
 - Red
 - Mother
 - Fear
 - Home
 - School
 - Friend
 - Love
 - hate
- What if anything can you determine about the person whose list your reading?
 - How would psychologists use this technique?
 - What is the difficulty analyzing personality on the basis of a few responses?

Psychodynamic



- Behavior is governed by hidden motives
- Unconscious
- Freud
- Conflicts arise at critical stages of early life.

Journal Entry#4:



YESTERDAY WE COMPLETED A FREE ASSOCIATION EXPERIMENT ON OURSELVES.

DO YOU BELIEVE THIS TECHNIQUE OF FREE ASSOCIATION TO BE BENEFICIAL TO THE PSYCHOLOGY WORLD?

WHAT WAS DIFFICULT ABOUT ANALYZING A PERSON BASED OFF OF A FEW RESPONSES?

Psychology as the Study of Individual Differences



- Sir Francis Galton: wanted to understand how heredity influences a person's abilities, character and behavior.
- Raised the issue...is behavior determined by heredity or environment.

Psychology as the Study of Observable Behavior



- **Behaviorists:** psychologists who stressed investigating observable behavior
- Pavlov, experimented with behaviorism (dog & tuning fork)
- John Watson defined behaviorism.
- BF Skinner refined it and popularized it.
- Behavior is a result of conditioning , through rewarding those who display behavior that is considered desirable.
- Reinforcement: controlled reward or punishment.

Humanism



- Humanism was a reaction to behaviorism stating...
 - Human mind is able to influence and change the world in which it functions.
 - Cognitive Processes: We perceive and interpret our world. We constantly assess knowledge about ourselves, and others.
 - Realizing one's full human potential.
 - People are essentially good
 - Emphasizes nonverbal experience and altered states of consciousness.

Cognitive Psychology



- How we process, store, retrieve, and use information.
- How cognitive processes influence our behavior.
- Behavior is more than just a response to stimuli.

Gestalt



- Tendency to see patterns and complete pictures from cues.
- Shouldn't break down thought and behavior into elements but look at the whole
- Utilizes a group therapy method
- Law of closure

